

# Cinnamon Applesauce Muffins

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## **Ingredients**

2 cups all-purpose flour  
1.5 tsp cinnamon  
1/4 tsp ground all spice (optional)  
2 tsp baking powder  
1/4 tsp salt  
1/2 cup oil or melted butter  
1 tsp vanilla  
1 egg  
1 cup unsweetened applesauce

## **Directions**

Preheat oven to 350.

In medium mixing bowl, combine flour, cinnamon, all spice, baking powder and salt.

In another mixing bowl, combine oil, vanilla, egg and applesauce.

Add wet ingredients to dry ingredients mixing until just combined.

Spoon batter (it will be thick) into greased muffin tins.

Bake at 350 for 20-22 minutes.